



live healthy. eat healthy. be happy.

Healthy Brown Bag newsletter

Healthy Brown Bag Nov. Newsletter 09 www.healthybrownbag.com healthybrownbag@verizon.net

There's so much good to say about biting into a crisp, juicy apple straight off the tree. But most of the year that just isn't possible. This month's newsletter includes wonderful alternatives to "off the tree". *Enjoy!*



BROWN BAG Apple Pie

Today we say –"Let them eat pie" – specifically, apple pie baked inside a brown paper bag. More than your average apple pie, this one is a conversation piece. Delicious, fragrant and fun. So start saving your brown paper bags from the grocery store-they can be a little hard to come by lately! Alternatively, we have also used the little

personal size pie tins as well as the loaf size tins you can purchase at most stores. Both of these sizes can fit into a regular lunch size paper bag. These little pies are perfect for gift giving; and are ready to deliver in its own little bag!

[Get the Recipe.](#)

SAVE \$5.00! on your purchase of \$20 or more. Use Coupon Code **TAKEYOURLUNCH**

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IN THE LUNCHBAG

Turkey, Brie & Apple Sandwich

Use your favorite whole wheat or whole grain bread. Spread each slice with low fat mayonnaise, and slices of turkey breast. Add 4 chunky slices of your favorite apple and several slices of Brie. Sprinkle sliced almonds over this and top with alfalfa sprouts. Add the top piece of bread and pack it into a [LunchSkin](#) reusable bag.

NEW! Lunch Cook Books, Bento Boxes, 4 Kids

Cinnamon Apple Dip

Dip makes everything better! Try this one out.

Ingredients: ½ c. low-fat cottage cheese, 1 Tbls. Natural peanut butter, 1 ½ tsp. cinnamon, 2 tsp. milk, ¼ tsp. nutmeg.

Directions: Combine all ingredients in a blender and blend until smooth. Serve with apple wedges.

no. 0397

COLOR TREND

apple
green
this seasons
hot color

ASK NOT WHAT YOU CAN DO FOR YOUR COUNTRY. ASK WHAT'S FOR LUNCH. Orson Wells

APPLES

13 REASONS TO EAT APPLES

To Do List

- ✓ BUY APPLES
- ✓ COOK W/ APPLES
- ✓ EAT MORE APPLES
- ✓ PLANT AN APPLE TREE

- Bone Protection
- Alzheimer's Protection
- Lower Cholesterol
- Lung Cancer Prevention
- Asthma Help
- Breast Cancer Prevention
- Color Cancer Prevention
- Liver Cancer Prevention
- Decrease Diabetes Risk
- Weight Loss
- Keep Memory Sharp
- Clear Your Arteries
- Reduce Tooth Decay

Apple Tea Recipe

Snuggle up with a warm cup of Apple Tea tonight. This recipe makes enough for 2 cups. Save the 2nd cup for your thermos and enjoy it at lunch tomorrow.

Ingredients: 1 c. water, 4 whole allspice, 2 Tbls. Honey 2 individual black tea bags, 1 c. unsweetened apple juice.

Directions: In a small saucepan, bring water and allspice just to boil; add tea bags. Remove from the heat, cover and steep for 5 minutes. Throw away the tea bags and allspice. Stir in apple juice and honey. Heat through. Sip, dream, enjoy. Makes 2 servings.

APPLE STORAGE TIPS

Store apples in the refrigerator. They can be stored at room temperature but will soften faster. Don't store with green vegetables and salad greens because the ethylene gas that apples give off can damage the vegetables. Apples can last up to 6 weeks in your fridge.

TAKE A WALK. RUN. HIKE. CLIMB. SWIM. BIKE. HULAHOOP.

We hope you enjoyed this months newsletter. If you have suggestions or helpful healthy tips you would like to share, send them to us and we will try and add them into an upcoming edition. Visit HealthyBrownBag.com for more recipes, ideas, lunch bags & water bottles.

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